

The Coronavirus - also called COVID-19

This is a new virus



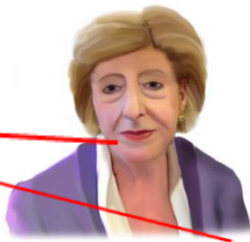
It can have a **serious** effect on
lungs and your breathing



your



The virus spreads through **droplets** in the air
for example when **coughing**



-it gets into the body through the
eyes
nose or
mouth

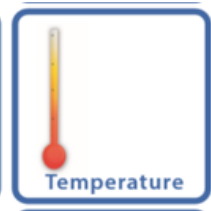
People can share it by **touching something** with the virus
on it...



and then touching their **face**

How do you know if you have it?

There are 2 main things to watch for–



a high temperature

your **chest or back feels hot** when you touch it

- you do not need to measure your temperature



A new cough - which does not stop



Or you **cough a lot**

for **more than an hour**

or



3 or more coughing episodes in 24 hours



(if you already have a cough, it may be **worse than usual**)

If you have these symptoms ...

you must stay at home



Do not go to a GP surgery pharmacy or hospital.



First if you can - **look online** to find out what to do

www.nhs.uk



If this is not clear to you then

call 111 online coronavirus service

You will need to

stay at home for 7 days (1 week)



This is called **self isolation**

If **someone else** in your home has the **symptoms**



everyone who lives in your home must
stay at home for 2 weeks



try to **keep away from each other**

Everyone can help stop this virus spreading

There are things **you must do**



Wash your hands with soap and water often

– do this for **at least**



20 seconds

Wash -the **back of your hands**


- your **palms**
- **between your fingers**
- your **thumbs**
- under your **finger nails**

If you have difficulty moving your hands or arms there are ideas for how to wash your hands e.g.

<https://www.stroke4carers.org/?p=436>

Always wash your hands **when you get home or into work**

If there is no soap and water -

-  use hand **sanitiser gel**

Try not to touch your eyes, nose or mouth



If you **cough or sneeze** -



**Cover your
tissue**

mouth and nose with a

put the tissue in the bin immediately



Then **wash your hands straight away**



**Or cough or sneeze into your sleeve
(never your hands)**

Do not have close **contact with people** who have **symptoms of coronavirus**



No contact with groups of people

If possible don't go in to work - **work from home**

No groups of visitors - even family and friends



you



Don't travel on **public transport** unless need to

Some people are more likely to catch the virus than others
(they are at high risk)

This includes



- people who are **older**



- people who **already have health difficulties,**



- **pregnant women**

**The NHS will contact you
if you are at very high risk.**

There is **no treatment** for the virus at the moment

Antibiotics do not help



There are some things that may **help the symptoms** while your body fights the illness.



You must **stay in isolation**, away from other people, until you have recovered

Intellectual property of [Speakeasy-aphasia.org.uk](http://speakeasy-aphasia.org.uk)

Contact office@speakeasy-aphasia.org.uk images thanks to Gill Pearl, Speakeasy and Kathy Cann

*Information is based on NHS guidance as of **20th March 2020***